

	Gr 8 Boys - Stage 1 Run 2008/09			Gr 8 Boys - Stage 2 Run 2008/09		
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Derek John	3:04	1	Ibrahim Shikh-Hussin	4:14	
2	Mauricio Rabago	3:04	2	Bryce Lazar	4:17	
3	Jake Kearns	3:12	3	Sameer Markas	4:22	
4	Bryce Lazar	3:14	4	Cody Nguyen	4:24	
5	Boris Birkine	3:15	5	Mike Thain	4:25	
6	Cody Nguyen	3:17	6	Will Ward	4:26	
7	Derrick Locquiao	3:20	7	Marco Brum	4:27	
8	Spencer King-Linderdeck	3:20	8	Jake Kearns	4:30	
9	Mike Thain	3:24	9	Ahmed Hassoun	4:34	
10	Jake Booth	3:24	10	Derrick Locquiao	4:36	
	Gr 8 Boys - Stage 3 Run 2008/09			Gr 8 Boys - Stage 4 Run 2008/09		
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Ibrahim Shikh-Hussin	4:55	1	Ibrahim Shikh-Hussin	8:50	
2	Jake Kearns	5:15	2	Cody Nguyen	9:00	
3	Will Ward	5:15	3	Ahmed Hassoun	9:16	
4	Shareef Morrow	5:15	4	James Lactin	10:17	
5	Ahmed Hassoun	5:17	5	Sameer Markas	10:17	
6	Cody Nguyen	5:17	6	Ronne Aguilar	10:28	
7	Bryce Lazar	5:20	7	Ahmed Hassoun	10:41	
8	Mike Thain	5:31	8	Nelson Pham	10:46	
9	Sameer Markas	5:31	9	Riley Towe	10:55	
10	James Lactin	5:40	10	Isaac Cave-Mcrae	11:01	
	Gr 8 Boys - Stage 5 Run 2008/09			Gr 8 Boys - Push ups 2008/09		
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Ibrahim Shikh-Hussin	9:48	1	James Lactin	40	
2	Ahmed Hassoun	10:30	2	Maxwell Livingstone	40	
3	Marco Brum	10:39	3	Shareef Morrow	35	
4	Sameer Markas	10:42	4	William Thammavong	33	
5	Jake Kearns	10:46	5	Sameer Markas	32	
6	Bryce Lazar	11:02	6	Jake Kearns	31	
7	James Lactin	11:14	7	Steevan Khushaba	31	

8	Rone Aguilar	12:31	8			
9	Riley Towe	12:46	9			
10	Isaac Cave-Mcrae	13:03	10			
	Gr 8 Boys - Sit ups - 1 min	2008/09		Gr 8 Boys - Chin ups	2008/09	
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Sameer Markas	55	1	William Thammavong	12	
2	Shareef Morrow	53	2	Shareef Morrow	11	
3	James Lactin	51	3	Maxwell Livingstone	10	
4	Maxwell Livingstone	50	4	Nick Vanderwal	6	
5	Cody Nguyen	49	5	Bryce Lazar	6	
6	Ahmed Hassoun	47	6	Will Ward	5	
7	Abdul Ahaja	45	7	Ibrahim Shikh-Hussin	5	
8	Ibrahim Shikh-Hussin	45	8	Sameer Markas	5	
9	Mark Batin	44	9	Mike Thain	4	
10	Austin Barbor	44	10	Dennis Cho	4	

	Gr 8 Girls - Stage 1 Run	2008/09			Gr 8 Girls - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1	Mikayla Kehler	3:22		1	Mikayla Kehler	4:16	
2	Dana Dimacali	3:37		2	Kelsey Deros	4:41	
3	Kelsey Deros	3:44		3	Dana Dimicali	4:43	
4	Candice Lander	4:02		4	Dana Metcalf	4:49	
5	Mariah Mitchell	4:04		5	Katie Styles	5:07	
6	Patricia Gerwatowski	4:09		6	Patricia Gerwatowski	5:11	
7	Katie Styles	4:16		7	Joanna Khammountry	5:14	
8	Alisha	4:16		8	Mariah Mitchell	5:23	
9	Caneil Spence	4:18		9	Carol Gisby	5:40	
10	Joanna Khammountry	4:19		10	Caneil Spence	5:45	
	Gr 8 Girls - Stage 3 Run	2008/09			Gr 8 Girls - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1	Mikayla Kehler	5:19		1	Clarisa Kennedy	11:45	
2	Dana Dimicali	5:47		2	Mae Morano	13:10	
3	Kelsey Deros	6:02		3	Hannah Rosalejos	13:20	
4	Patricia Gerwatowski	6:14		4	Desiree Brett	14:12	
5	Mariah Mitchell	6:14		5			
6	Joanna Khammountry	6:26		6			
7	Katie Styles	6:30		7			
8	Caneil Spence	7:13		8			
9	Mae Morano	7:15		9			
10	Arezou Lotfiazar	8:20		10			
	Gr 8 Girls - Stage 5 Run	2008/09			Gr 8 Girls - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Number</u>	
1	Mikayla Kehler	10:35		1			
2	Dana Dimicali	10:43		2			
3	Katie Styles	10:45		3			

4	Carol Gisby	12:08		4		
5	Patricia Gerwatowski	12:15		5		
6	Kelsey De Ros	13:07		6		
7	Joanna Khammountry	13:10		7		
8	Clarisa Kennedy	13:36		8		
9	Dana Metcalfe	13:40		9		
10	Caneil Spence	14:19		10		
	Gr 8 Girls - Sit ups - 1 min	2008/09		Gr 8 Girls - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>	
1				1		
2				2		
3				3		
4				4		
5				5		
6				6		
7				7		
8				8		
9				9		
10				10		

	Gr 9 Boys - Stage 1 Run	2008/09			Gr 9 Boys - Stage 2 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1	Josiah Friesen	2:50		1	Josiah Friesen	3:55	
2	Kody Miller	3:10		2	Nick Brown	3:59	
3	Isaac Bernard	3:12		3	Aaron Sarcos	4:02	
4	Nino Roco	3:13		4	David Kim	4:10	
5	Fernando Veroy	3:15		5	Reng Deng	4:14	
6	Israaz Bhatti	3:21		6	Mathew Knees	4:20	
7	RJ Severo	3:25		7	Nino Roco	4:22	
8	Marco Brum	3:25		8	Marco Brum	4:27	
9	Mathew Knees	3:28		9	Ryan Gray	4:31	
10	Dennis Mitara	3:31		10	RJ Severo	4:41	
	Gr 9 Boys - Stage 3 Run	2008/09			Gr 9 Boys - Stage 4 Run	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Time</u>	
1	Josiah Friesen	4:31		1	Rafael Oregas	9:04	
2	Nick Brown	4:36		2	RJ Severo	9:20	
3	Aaron Sarcos	5:04		3	Ryan Gray	10:08	
4	Kody Miller	5:20		4	Thomas Shipley	10:23	
5	David Kim	5:26		5			
6	Mathew Knees	5:26		6			
7	Israaz Bhatti	5:31		7			
8	Nino Roco	5:31		8			
9	RJ Severo	5:34		9			
10	Brandon Clark	5:35		10			
	Gr 9 Boys - Stage 5 Run	2008/09			Gr 9 Boys - Push ups	2008/09	
	<u>Name</u>	<u>Time</u>			<u>Name</u>	<u>Number</u>	
1	Josiah Friesen	8:23		1	Isaac Bernard	67	
2	Nick Brown	9:07		2	Sahnnon Mahbub	50	
3	RJ Severo	10:13		3	Deion McNeil	41	
4	Isaac Bernard	10:20		4	Thomas Shipley	41	
5	Nino Roco	10:31		5			
6	Sahnnon Mahbub	11:36		6			
7	Thomas Shipley	11:40		7			

8	Jaison Rayat	11:53		8			
9	June Hwang	12:05		9			
10	Jessey Thomas	12:07		10			
	Gr 9 Boys - Sit ups - 1 min	2008/09			Gr 9 Boys - Chin ups	2008/09	
	<b><u>Name</u></b>	<b><u>Number</u></b>			<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Alex Lee	52		1	Isaac Bernard	24	
2	Sahnon Mabub	48		2	Jason Cusator	10	
3	Jaison Rayat	45		3	Samim Anwar	10	
4				4	Ryan Barwick	5	
5				5	Matt Knees	3	
6				6	June Hwang	2	
7				7	Darius Sunberg	1	
8				8			
9				9			
10				10			

	Gr 9 Girls - Stage 1 Run	2008/09			Gr 9 Girls - Stage 2 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>			<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Katelynn Reid	3:40		1	Chelsea Van Randen	4:32	
2	Caroline Lubas	3:40		2	Caroline Lubas	4:39	
3	Chelsea Van Randen	3:41		3	Ellia Chacon	4:54	
4	Jane Shui	3:45		4	Sheniy Nand	5:05	
5	Briana Nelson	3:45		5	Briana Nelson	5:08	
6	Ellia Chacon	3:48		6	Mallory Molloy	5:32	
7	Shenijleen Nand	4:00		7	Gagan Kainph	5:42	
8	Rie Serrano	4:03		8	Shaelyn Parenteau	6:06	
9	Alysha Chee	4:06:00		9	Joy Castillo	6:07	
10	Nyca Idolor	4:12:00		10	Paige Petsche	6:07	
	Gr 9 Girls - Stage 3 Run	2008/09			Gr 9 Girls - Stage 4 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>			<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Briana Nelson	5:44		1	Caroline Lubas	9:27	
2	Alysha Chee	5:45		2	Ellia Chacon	9:34	
3	Caroline Lubas	5:50		3	Briana Nelson	10:26	
4	Ellia Chacon	5:55		4	Katelynn Reid	10:32	
5	Amber Vanderpool	6:55		5	Jane Shui	10:34	
6	Katrina Burgoyne	7:00		6	Rie Serrano	10:37	
7				7	Joanne Aguinaldo	12:32	
8				8	Carolina Krawczyk	12:33	
9				9			
10				10			
	Gr 9 Girls - Stage 5 Run	2008/09			Gr 9 Girls - Push ups	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>			<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Caroline Lubas	10:16		1	Joy Lee	42	
2	Katelynn Reid	10:41		2	Amber Vanderpol	38	
3	Ellia Chacon	10:52		3	Ellia Chacon	17	
4	Jane Shui	11:07		4	Lisa Doan	15	
5	Briana Nelson	11:28		5	Brianne Nelson	15	
6	Alysha Chee	11:56		6			
7	Chelsea Van Randen	12:10		7			

8	Shenjoy Nand	12:47		8		
9	Rie Serrano	13:00		9		
10	Joy Lee	13:20		10		
	Gr 9 Girls - Sit ups - 1 min	2008/09		Gr 9 Girls - Chin ups	2008/09	
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Lisa Doan	50		1	Raven Williams	2
2	Jenelle Goodwin	50		2	Michelle Loum San	1
3	Marianne Santos	40		3		
4	Juhi Mahabirsingh	31		4		
5	Joy Lee	30		5		
6	Amber Vanderpol	27		6		
7				7		
8				8		
9				9		
10				10		



Gr 10 Boys - Stage 1 Run 2008/09			Gr 10 Boys - Stage 2 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Mohammed Moradi	3:01	1	Sean Miyaoka	4:00
2	Alex Morris	3:02	2	Alex Morris	4:05
3	Derick Ngo	3:03	3	Edger	4:06
4	Sean Miyaoka	3:09	4	Brad Doyle	4:09
5	Jacky Ly	3:10	5	Jacky Ly	4:12
6	Bilal Shamai	3:10	6	Tyler Munroe	4:14
7	Francis Tran	3:12	7	Ethan Doucette	4:23
8	Arsh Malhi	3:13	8	Brett Noulelett-Radermaker	4:27
9	Octavio Villena	3:15	9	Mark Bell	4:27
10	Tyler Munroe	3:17	10	Brody Anderson	4:32
Gr 10 Boys - Stage 3 Run 2008/09			Gr 10 Boys - Stage 4 Run 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Time</u>
1	Sean Miyaoka	4:42	1	Curtis Stanley	8:31
2	Alex Morris	4:45	2	Tyler Munroe	8:35
3			3	Alex Morris	8:45
4			4	Sean Miyaoka	9:12
5			5	Nick Morrow	9:30
6			6	Brad Doyle	9:30
7			7		
8			8		
9			9		
10			10		
Gr 10 Boys - Stage 5 Run 2008/09			Gr 10 Boys - Push ups 2008/09		
	<u>Name</u>	<u>Time</u>		<u>Name</u>	<u>Number</u>
1	Tyler Munroe	9:21	1		
2	Alex Morris	9:22	2		
3	Jacky Ly	9:48	3		
4	Nick Morrow	10:27	4		
5	Sean Miyaoka	10:57	5		
6	Brodt Anderson	11:02	6		
7	Brad Doyle	11:05	7		

8	Gerien Timoteo	12:55	8		
9	Joseph Castillo	12:55	9		
10			10		
	Gr 10 Boys - Sit ups - 1 min	2008/09		Gr 10 Boys - Chin ups	2008/09
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		

	Gr 10 Girls - Stage 1 Run	2008/09		Gr 10 Girls - Stage 2 Run	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>
1	Elysha Wilgosh	3:34	1	Celine Bautista	4:58
2	Sonam Chandi	3:44	2	Jessica O'Bray	5:27
3	Rebecca Hutchison	3:49	3	Mai Troung	5:40
4	Iesha Garcia	3:50	4	Tam Pham	5:44
5	Celine Bautista	3:58	5	April Ngalot	5:45
6	Emily Murray	3:59	6	Ellen Ta	5:52
7	Hillary Nguyen-Don	4:03	7	Ashleigh Price	5:53
8	Jessica O'Bray	4:04	8		
9	Vicky Sotoj	4:05	9		
10	Mai Troung	4:12	10		
	Gr 10 Girls - Stage 3 Run	2008/09		Gr 10 Girls - Stage 4 Run	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>
1	Jessica O'Bray	6:11	1	Jessica O'Bray	12:02
2	Celine Bautista	6:15	2	Celine Bautista	12:10
3	Hillary Nguyen-Don	6:18	3	April Ngalot	13:02
4	Elysha Wilgosh	6:30	4	Ellen Ta	13:18
5	Tam Pham	6:37	5		
6	Brianne Wallace	6:48	6		
7	Ellen Ta	6:50	7		
8	Heather Thompson	6:52	8		
9	Viktory Tsimoshkina	6:53	9		
10	Mai Troung	6:56	10		
	Gr 10 Girls - Stage 5 Run	2008/09		Gr 10 Girls - Push ups	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>
1	Iesha Garcia	11:50	1	Elysha Wilgosh	57
2	Tam Pham	13:32	2	Ellen Ta	41
3	April Hgalot	13:50	3	Celine Bautista	40
4	Ellen Ta	14:26	4	Nikki Hartill	39
5	Diane Dimacali	14:53	5	Christian Trinh	35
6	Mai Troung	14:53	6	Brianne Wallace	32
7			7	Diane Dimacali	32

8			8	Chris Zoltareva	30	
9			9	Jessica O'Bray	30	
10			10	3 tied	27	
	Gr 10 Girls - Sit ups - 1 min	2008/09		Gr 10 Girls - Chin ups	2008/09	
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Tisha Narayan	60	1	Alisha Adams	3	
2	Sylvanna Asia	60	2			
3	Megan Mckillop	55	3			
4	Mai Troung	54	4			
5	Tam Pham	50	5			
6	Diane Dimacali	50	6			
7	Sonam Chandi	47	7			
8	Temple Peterson	43	8			
9	Celine Bautista	41	9			
10	Rita Rattan	40	10			

	Gr 11 Boys - Stage 1 Run	2008/09		Gr 11 Boys - Stage 2 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Nikki Laysen	3:51	1	Willem Vooys	3:45	
2	Doug Penner	4:45	2	Victor Tatomir	4:20	
3	Jason Wong	4:57	3	Gordon Bond	4:21	
4			4	Donald Cheng	4:22	
5			5	Jim Pope	4:32	
6			6	Nikki Laysen	4:54	
7			7	Jason Vo	5:24	
8			8	Doug Penner	5:51	
9			9	Jason Wong	6:08	
10			10			
	Gr 11 Boys - Stage 3 Run	2008/09		Gr 11 Boys - Stage 4 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Victor Tatomir	4:32	1	Victor Tatomir	7:43	
2	Willem Vooys	4:35	2	Milode Khwaja	9:09	
3	Milode Khwaja	4:36	3			
4	Gordon Bond	5:19	4			
5			5			
6			6			
7			7			
8			8			
9			9			
10			10			
	Gr 11 Boys - Stage 5 Run	2008/09		Gr 11 Boys - Push ups	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Victor Tatomir	8:51	1	Jag Takhar	64	
2	Jim Pope	8:52	2	Victor Tatomir	60	
3	Gordy Bond	11:24	3	Jason Vo	55	
4	Milode Khwaja	11:57	4			

5	Donald Cheng	11:57	5			
6	Jag Takhar	13:00	6			
7	Karam Andraws	16:20	7			
8	Ragab Sial	16:20	8			
9			9			
10			10			
	Gr 11 Boys - Sit ups - 1 min	2008/09		Gr 11 Boys - Chin ups	2008/09	
	<u>Name</u>	<u>Number</u>		<u>Name</u>	<u>Number</u>	
1	Milode Khwaja	65	1			
2	Victor Tatomir	59	2			
3	Willem Vooy	55	3			
4	Jag Takhar	52	4			
5	Jim Pope	51	5			
6	Donald Cheng	50	6			
7			7			
8			8			
9			9			
10			10			

	Gr 11 Girls - Stage 1 Run	2008/09		Gr 11 Girls - Stage 2 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Kirsten Ball	4:31	1	Kim Martinez	5:07	
2	Katy Morse	4:40	2	Ashley Melville	5:14	
3	Sharon Pham	5:09	3	Kirsten Ball	5:31	
4			4	Katy Morse	5:53	
5			5	Sharon Pham	6:13	
6			6	Kristie Kilbach	6:49	
7			7	Dora Phanonvong	7:37	
8			8			
9			9			
10			10			
	Gr 11 Girls - Stage 3 Run	2008/09		Gr 11 Girls - Stage 4 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Heidi Bell	6:13:00	1			
2			2			
3			3			
4			4			
5			5			
6			6			
7			7			
8			8			
9			9			
10			10			
	Gr 11 Girls - Stage 5 Run	2008/09		Gr 11 Girls - Push ups	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Kim Martinez	13:25	1	Ashley Melville	40	
2	Harleen Grewal	13:41	2	Heidi Bell	40	
3			3	Anabelle Paz	37	

4			4	Raine Murdoch	30	
5			5			
6			6			
7			7			
8			8			
9			9			
10			10			
	Gr 11 Girls - Sit ups - 1 min	2008/09		Gr 11 Girls - Chin ups	2008/09	
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Alyssa Raymond	47	1			
2	Ashley Melville	42	2			
3	Raine Murdoch	42	3			
4	Anabelle Paz	42	4			
5	Heidi Bell	41	5			
6	Gabriella Pineda	31	6			
7			7			
8			8			
9			9			
10			10			



	Gr 12 Boys - Stage 1 Run	2008/09		Gr 12 Boys - Stage 2 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	Elijah Williams	2:59	1	Elijah Williams	3:29	
2	Jas Sidhu	3:04	2	Josh Beattie	3:35	
3	David Sevdianishvili	3:13	3	David Sevdianishvili	3:40	
4	Daniel Otchere	3:18	4	Daniel Otchere	3:42	
5	Leon Chahine	3:19	5	Brent Melanson	3:59	
6	Alex Gybels	3:19	6	Leon Chahine	4:03	
7	Brent Melanson	3:21	7	Prince Ogunniyi	4:12	
8	Jameson Le	3:22	8	Jas Sidhu	4:12	
9	Kyle Anderson	3:26	9	Jon Manget-Higgins	4:20	
10	Greg Newman	3:26	10	Kelvin Gonzales	4:26	
	Gr 12 Boys - Stage 3 Run	2008/09		Gr 12 Boys - Stage 4 Run	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>	
1	David Sevdianishvili	4:40	1	Josh Beattie	7:43	
2	Daniel Otchere	4:56	2	David Sevdianishvili	8:09	
3	Leon Chahine	5:05	3	Prince Ogunniyi	8:26	
4	Prince Ogunniyi	5:05	4	Daniel Otchere	8:39	
5	Kelvin Gonzales	5:14	5	James Nguyen	9:10	
6	Nick Vigner	5:17	6	Nic Loberg	9:17	
7	Jas Sidhu	5:23	7	Jimmy Nguyen	9:22	
8	Alexis Maliksi	5:27	8	Jas Sidhu	9:33	
9	Cole Pollock	5:31	9	Kyle Anderson	10:04	
10	Jayson Bulahan	5:35	10	OC Safar	10:24	
	Gr 12 Boys - Stage 5 Run	2008/09		Gr 12 Boys - Push ups	2008/09	
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>	
1	Elijah Williams	8:48	1	Jameson Le	60	
2	Brent Melanson	9:40	2	Satinder Virk	54	
3	Edger DeClaro	9:48	3	Leon Chahine	51	
4	David Sevdianishvili	10:06	4	Nick Vigner	50	
5	Price Ogunniyi	10:16	5	David Sevdianishvili	47	
6	Kelvin Gonzales	10:30	6	Jayson Bulahan	46	
7	Kyle Anderson	11:03	7	Prince Ogunniyi	42	

8	Jas Sidhu	11:05	8	Gerald Asia	40
9	Jimmy Nguyen	11:28	9	Phillipe Bui	40
10	Nick Vigner	11:45	10	James Nguyen	40
	Gr 12 Boys - Sit ups - 1 min	2008/09		Gr 12 Boys - Chin ups	2008/09
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>
1	Josh Beattie	69	1	Leon Chahine	15
2	David Sevdianishvili	66	2	Nick Vigner	14
3	Prince Ogunniyi	65	3	Jay Bulahan	10
4	Jason Ko	60	4	David Sevdianishvili	10
5	Jas Sidhu	57	5	Alexis Maliksi	9
6	Adam Smith	57	6	Daniel Otchere	8
7	Nick Vigner	54	7	Prince Ogunniyi	7
8	Kyle Anderson	52	8	Alex Gybels	6
9	Kelvin Gonzales	52	9	Adam Smith	5
10	Leon Chahine	52	10	Kelvin Gonzales	3
	Gr 12 Boys - Beep Test	2008/09			
	<b><u>Name</u></b>	<b><u>Number</u></b>			
1	James Nguyen	12			
2	Greg Newman	11			
3					
4					
5					
6					
7					
8					
9					
10					

	Gr 12 Girls - Stage 1 Run	2008/09		Gr 12 Girls - Stage 2 Run	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>
1	Gina Carpenter	3:20	1	Gina Carpenter	4:06
2	Ramandeep Gill	3:40	2	Larissa Nelson	4:44
3	Larissa Nelson	3:45	3	Ramandeep Gill	4:50
4	Dana Grebenski	3:53	4	Dana Grebenski	4:57
5	Ravinder Gill	4:03	5	Patricia Buenaventura	5:27
6	Katrin Licas	4:13	6	Katrin Licas	5:35
7	Patricia Buenaventura	4:40	7	Joanne Miyaoka	6:37
8	Joanne Miyaoka	4:44	8	Samantha Molloy	7:40
9	Samantha Molloy	5:06	9		
10			10		
	Gr 12 Girls - Stage 3 Run	2008/09		Gr 12 Girls - Stage 4 Run	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Time</u></b>
1	Gina Carpenter	5:02	1	Ramandeep Gill	9:30
2	Ramandeep Gill	5:48	2	Dana Grebenski	10:54
3	Larissa Nelson	5:48	3	Patricia Buenaventura	12:43
4	Megan Flamand	5:57	4		
5	Tyrra John	6:10	5		
6	Dana Grebenski	6:18	6		
7	Katrin Licas	6:24	7		
8	Gemma Donaldson	6:37	8		
9	Patricia Buenaventura	6:46	9		
10	Joanne Floreza	7:32	10		
	Gr 12 Girls - Stage 5 Run	2008/09		Gr 12 Girls - Push ups	2008/09
	<b><u>Name</u></b>	<b><u>Time</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>
1	Ramandeep Gill	11:42	1	Ramandeep Gill	25
2	Dana Grebenski	12:02	2	Ravinder Gill	25
3	Patricia Buenaventura	13:44	3	Samantha Molloy	21
4	Katrin Licas	13:58	4	Dana Grebenski	16
5	Joanne Floreza	16:20	5	Jacquelyn Percival	16
6			6	Joanne Floreza	15
7			7	Shayleen Marcoux	14

8			8	Katrin Licas	5
9			9	Patricia Buenaventura	3
10			10		
	Gr 12 Girls - Sit ups - 1 min	2008/09		Gr 12 Girls - Chin ups	2008/09
	<b><u>Name</u></b>	<b><u>Number</u></b>		<b><u>Name</u></b>	<b><u>Number</u></b>
1	Gina Carpenter	63	1		
2	Dana Grebenski	53	2		
3	Katrin Licas	50	3		
4	Ravinder Gill	48	4		
5	Ramandeep Gill	45	5		
6	Joanne Floreza	41	6		
7	Samantha Molloy	33	7		
8	Patricia Buenaventura	32	8		
9	Joanne Miyaoka	21	9		
10			10		
	Gr 12 Girls - Beep Test	2008/09			
	<b><u>Name</u></b>	<b><u>Number</u></b>			
1	Ramandeep Gill	9.4			
2	Ravinder Gill	8.1			
3					
4					
5					
6					
7					
8					
9					
10					